



ZUMBA® and ZUMBA® TONING with Christine French

In Conjunction with the Medway Community Education Department

TWO CHANCES TO DANCE THIS FALL SESSION!

Zumba® is more than just exercise. It is fun and fitness wrapped up in the best dance party you will ever attend! This class provides routines featuring interval training sessions with fast and slow rhythms and resistance training. You will tone and sculpt every major muscle group while burning fat. Classes mix upbeat music from many different genres and styles. The routines are designed for all levels and ages, and for both dancers and non-dancers alike. You will love the fun class atmosphere that you will not want to end!

ZUMBA – Fall Session

Saturdays, 9/22 – 11/17/18 (no class 10/6)
8 sessions total
Medway High School - Aerobics Room
Class ID: A29-18

9:30 – 10:30AM
\$70

ZUMBA TONING – Fall Session

Thursdays, 9/27 – 11/15/18
8 sessions total
Burke School Gym, 16 Cassidy Lane
Class ID: A27-18

7:00 – 8:00PM
\$70

REGISTER ONLINE: www.medwayce.org (click on the “Online Registration: FamilyID” link)

Follow *Zumba with Christine* on Facebook at <http://www.facebook.com/zumbachristiniebeanie/>

Christine French

Certified Zumba Instructor / ZIN
Zumba Gold, Zumba Toning, Zumba Gold-Toning, Zumba Kid's, Zumba Kid's Jr.
Privately Insured
CPR/AED Certified

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